

1     Abstract of the Disclosure

5     An ankle, leg and hip exercising device is disclosed which includes a parabolic-shaped base portion having a foot supporting and retaining portion at the upper end thereof. A plurality of pipe stubs are secured to the device which are adapted to receive weight supports thereon. At least one of the upstanding pipe stubs is designed to have a flexible tubular member positioned therein which extends upwardly therefrom so that the user may either resist the movement of the device in any of its 360° permissible movements, and also enables the user to cause the movement of the device in any of its 360° movements. The foot of the user is securely received in a recessed portion of the foot supporting and retaining portion to positively maintain the user's foot in the proper position. The device of this invention may be used while either sitting, reclining or standing.

10

15

20

25